

Let's Talk About Skin Cancer

Skin cancer is the most common type of cancer in the United States, and about 1 out of 5 Americans will develop it by the age of 70.



What Is Skin Cancer?

The skin is made up of three main layers called the epidermis (outer), dermis (second layer), and hypodermis (innermost layer). Skin cancer is the excessive growth of abnormal cells in the epidermis. The excessive growth is caused by DNA damage, which leads to tumor formation.

Types of Skin Cancer

Main types of skin cancer: Basal Cell Carcinoma and Squamous Cell Carcinoma (these tumors occur in the basal cells of the epidermis/top layer). Other types include Melanoma (these tumors occur in the melanocytes, the skin cells that give skin its color) and Merkel Cell Carcinoma (these tumors usually appear on sun-exposed areas such as head, neck and eyelids).

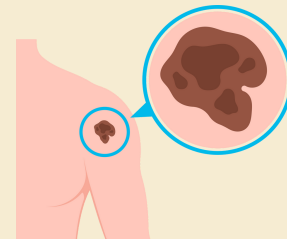
The two main causes of skin cancer are the sun's ultraviolet (UV) rays and ultraviolet tanning beds. Anyone can get skin cancer, but people with these characteristics are at greater risk: blue or green eyes, light natural skin color, blond or red hair, certain types of moles and a large number of moles, personal or family history of skin cancer, older age. People with darker skin pigmentation can also get skin cancer, and it may be more difficult to detect. Learn how to do a skin check: skincancer.org/self-exams



If you see something new or changing on your skin such as moles or lesions, that either grow, bleed or sores that do not heal, **CONTACT A DERMATOLOGIST IMMEDIATELY!**

Prevention/Sun Safety

Check the UV index before going outside and avoid the sun during peak hours of 10 am - 4 pm. DON'T FORGET to wear polarized sunglasses to protect the eyes and retinas, sunscreen (SPF 30 +), UV sun protection swimwear and sunwear, and a wide-brim hat.



Early Detection and Treatment Is Crucial!

Otherwise, any of these tumors can spread to other parts of the body and become fatal.



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